



The Lightning Zone

Dorset Storm Basketball Club

Coaches Notes...

Welcome to this seasons second edition of the Lightning Zone. With the season well under way for the clubs three national league teams, we hope it will not be long until the Solent Area League is also up and running. That means matches will start coming thick and fast, so it will be important for communication to be good to ensure that we have the right people in the right places!

The teams playing in the Solent Area league will again be coached by the clubs older players, under the guidance of a senior coach. With a growing number of qualified coaches it provides them with experience of running their own teams and dealing with the issues of playing time, tactics, as well as teaching the players.

We have now ordered the most recent batch of tee-shirts and hooded tops. They should arrive shortly - we will hand them out to you as soon as they arrive. Please remember to put your name in it!

A couple of people have asked how they can find out training times. If you visit our website—dorsetstorm.co.uk and then click on the link to the Storm calendar you will find the most up to date information on training session and matches available. You can also find match reports (click on the fixtures/result link) as well as a copy of the latest newsletters, photographs and much more on the website.

As some of you will be aware, the Harlem Globe Trotters are coming to the Bournemouth Inter-

national Centre, on Monday 21st May 2007 at 7.30pm. Phone the BIC box office on 0870 111 3000 to book your tickets now.

We are also in a position to provide you with the provisional dates for next years camp. We are still busy collecting feedback from this years campers and already have several ideas of new things to do next year. The dates that you need to keep free in your diary are Monday 13th August to Friday 17th August 2007.

So far we have had a really good start to the season. The National League teams have punched above their weight, and the attitude at training has been pleasing. Well done to everybody—now the challenge is to keep up the good work.

The Deng's Eye GB Debuts

Former England national team age-group player Luol Deng, currently a top professional with the NBA's Chicago Bulls, and his brother 6'10" Ajou Deng have been granted naturalisation by the British government. Luol will shortly return to his home-

town London, to join Ajou for the naturalisation ceremony, in order to complete the process to enable each of them to obtain British passports.

The coach of the Great Britain men's team, Chris Finch, who is sure

that Luol Deng's desire to play for Britain "will bring others on board", greeted the news enthusiastically. "The news has come at the perfect time. Coming on the heels of the exciting start to the British men's teams' programme, leading to the 2012 Olympics...his pres-

November 2006

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Special points of interest:

- *The Harlem Globe Trotters are coming to the Bournemouth International Centre next May.*
- *Please hand in any Tesco sports vouchers that you still have.*
- *Remember to return your Paintball form by Saturday 11th November.*
- *November's skill of the month is one-on-one moves, December's is shooting.*
- *Please note that we are training all through Christmas and New Year.*



Action from Summer Camp 2006

“The road to success is through a door labelled PUSH”

Cadet Boys

SouthWest Conference Pld Pts

1	Abingdon Eagles	2	6
2	Tamar Valley	2	6
3	Soton T'blazers	2	6
4	Taunton Tigers	2	6
5	Plymouth Raiders	3	5
6	Team Bath	3	5
7	Dorset Storm	3	5
8	Guildford Heat	2	4
9	Reading Rockets	3	3
10	Bristol Academy	2	2

Basketball is Back on TV

With the NBA Season getting under way as this newsletter goes out, you will be able to follow the action on Sky Sports Five and NASN throughout the season. The first chance for you to catch some basketball action (well, record it and watch it later) will be in Fives usual weekly NBA slot, in the early hours of Wednesday 8th November – the match will see the new NBA season get underway with a clash between Seattle

Sonics and Miami Heat.

Following on from last year’s excellent coverage of the ULEB Cup Eurosport will again have extensive coverage of the 2006 -07 ULEB Cup. Action from the group stages has already began on Eurosport 2 and will continue throughout the season – almost every Monday and Tuesday evening there is basketball on.

If you want to keep up with the latest basketball

that is on TV here in the UK then look at the link below for a month by month schedule. Although bear in mind that this list is yet to be updated with Sky’s or NASN new schedule.

<http://www.livesportontv.com/search3.php?id=10>

There is more good news too as you can also expect to see Professional UK basketball on the TV in 2007 as the BBL has signed a multi-year deal with MKTV.

Cadet Boys Open With a Win

On the last weekend in September, Storms Cadet Boys travelled to Reading to play in their first game of the new season. With a squad containing a whole host of new faces, including a notable number of Under 15s playing up, Storm started strongly and dominated the first quarter. After a good early start, the

visitors were pegged back by the home side who slowly but surely closed the gap. Peter Thomson made sure of the victory with a number of slashing drives to the basket in the final quarter and before they knew it win number one was up for the Cadets!

Since then the Cadets have continued to play well, but two poor third quar-

ters against Tamar Valley Cannons and Southampton Trailblazers has seen them loose a couple of games they feel they should have done better in.

Concentration for the whole 40 minutes is something that Coach Colin West has been emphasising to his team at recent training sessions.

Coach McKenzie Keeps Winning!

Under 15s Passerelle Coach Andrew McKenzie has continued his excellent winning record by guiding his team to victory in their opening tournament of the season. The Under 15s are in a similar position to Storms two other National League teams, with only a handful of players returning

from last year.

Storm though do have genuine size in their team this year, and Ulas Temel and Guy Taylor certainly played well as Storm dominated the boards in their opening match. The slick ball handling of Jonathon Baker, and hustle off the bench from Chris Amhoff

also inspired Storm, who in the end made hard work of victory over Team Gloster Meteors. With a couple of players in “silly” foul trouble Storms lead was gradually whittled away in the final 15 minutes, but in the end they managed to hold on for a narrow four point victory.

Junior Men Have a Promising Opening

Storms Junior Men's team have seen their hard work result in two pleasing performances to start the season.

In the first match of the season the team travelled to Southampton to take on their close rivals the Trailblazers. In a nip-and-tuck match the lead changed back and forth on many occasions. It was a five minute burst from the home side - in which time they scored 20 points - that condemned

Storm to defeat.

Next up were Torbay Tigers. A team that Storm have battled with over the past few seasons. This year was no exception, and in the 33rd minute of the match Storm trailed by just one point, 66-67. Once again Storms threat seemed to tail off in the final minutes as Torbay eventually came out on top with a 77-93 win.

Despite the loses it has been a really promising

start for the youngest ever Under 18s team entered by Storm into the National Basketball League. With all but two of the squad having at least two years to play in this age group the future looks bright. Certainly if the players continue to work hard, as they have over the past few months, then results will start to turn their way in the impending months. A good start - now they must keep up the good work.

Cavs have Solid Start

Dorset Storms Men's team, comprising mainly of junior players past and present has had a mixed start to the season. After narrowly losing their opening two games of the season, back to back wins have seen them regain the form that lead them to a top place finish last season.

A noticeable result came against Hythe Bucks,

where due to injuries to some of the old guard, the team travelled with only five players. Despite this, and shooting only 40% from the foul line the team came away with a very pleasing 52—57 victory.

The team also had an outstanding victory against the Navy. With a dominating display of pres-

sure defense that their opponents could find no answer to. Storm well and truly sank their opponents on a way to a 42 - 110 triumph! Most impressive is the fact that all 12 players scored for the Cavs.

Congratulations to all on a good start - lets hope the winning continues!

Tesco Sports Vouchers

Just a quick reminder that we are collecting Tesco Sports vouchers. We hope to be able to replace some of our supply of aging bibs. Please bring any vouchers that you have and hand them to your coach. So far we have enough vouchers for just over 20 bibs.

You can only col-

lect the vouchers until the first weekend in November, but if you find any spare ones about please bring them along as we have until February next year to "bank" them to use again in 2007.

To see how much equipment our local area got last year visit www.tesco.com/sport and

help us make it even more this year. You'll also find top tips and advice on keeping active and healthy.

Please keep collecting so we are able to order even more new equipment - as ever we really appreciate your help.

Junior Men

Western Conference	Pld	Pts
1 Cardiff Celts	2	6
2 Reading Rockets	2	6
3 Sotn T'blazers	2	4
4 Plymouth Raiders	2	4
5 Torbay Tigers	1	3
6 Dorset Storm	2	2
7 Swindon Sonics	2	2
8 Abingdon Eagles	1	1
9 Baglan Ballers	0	0
10 ABC Gwent	0	0

"Don't give up. Don't EVER give up!"

~ Jim Valvano

Passerelle Boys U15s

South West Conference	Pld	Pts
1 Tamar Valley	2	6
2 Dorset Storm	2	6
3 Team Gloster	4	6
4 Bridport Evolution	2	4
5 Cardiff Celts	2	0





Providing Basketball Opportunities for All

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"Since 1999 Dorset Storm Basketball Club has provided opportunities for both boys and girls aged between 8 and 18 to play basketball at whatever level they want. From beginners through to those with dreams of representing England, Dorset Storm can cater for you. The club also has a strong link with the biggest men's team in the Southern region, providing opportunities for players of all standards to play competitively. Coaching and officiating courses are also run in conjunction with the club. For further details on anything concerning basketball please do not hesitate to contact us using the details opposite."



Action from Summer Camp 2006

Skill of the Week - *All the information you ever wanted to know about one-on-one moves.*

As promised please find below a list of websites that contain demonstrations of various one-on-one moves including the few we looked at on Saturday.

The first website contains plenty of skills for you to look at, all of which are demonstrated on video. As well as one on one moves there are plenty of ball handling drills some of which you will be familiar with and some that might be new to you.

The second website is much along the same lines, you will need Real Players or

Windows Media Player to view the videos which demonstrate a variety of moves – look in particular at the links on the left hand side titled, Triple Threat Position and Triple Threat Drives.

The third website is an article (not many pictures unfortunately) that hopeful will provide some thoughts about the concept of team basketball and highlights the importance of good decision making.

The final website breaks down several one on one moves including both the jab step and the rocker step

that we looked at on Saturday. When they talk about the "basketball position" they mean what we call the "triple threat position".

While browsing the sites, please be aware that Dorset Storm Basketball Club is not responsible for external websites and therefore has no control over the content.

Although this is primarily for the Under 14s and 16s (Saturday session) we thought it would be use-

1. <http://www.coachesclipboard.net/VideoClips.html>
2. <http://www.basketballdrills.homestead.com/#Hayden's%20Basketball%20Handling%20Drills>
3. http://www.5starhoops.com/ViewArticle.dbml?DB_OEM_ID=5500&ATCLID=609056
4. <http://www.guidetocoachingbasketball.com/moves.htm>